



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XVII, ISSUE 8

A newsletter for D.C. Seniors

August 2002

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Here she comes, Ms. Senior D.C.! Yes, it's the time of year to congratulate the New Queen for a year. The contest is sponsored by the Office on Aging, Family and Child Services of Washington, D.C., Inc. and the D.C. Senior

America Cameo Club.

The pageant helps dispell many myths about aging and honors the talents and inner beauty of mature women everywhere. The contestants inspire their peers, family and friends with their lifestyles, positive outlooks and willingness to serve. It is great to see those that are your age or older continue to participate in healthy competition. Throughout the year they serve as ambassadors of goodwill, visit nursing homes, schools and represent the Office on Aging and its Senior Service Network.

Find out the winner of this contest in this issue of "Spotlight on Aging." The winner will represent the District of Columbia in the Ms. Senior America Pageant. Best of luck to Ms. Senior D.C. as she competes with her peers across the country.

Also in this issue we celebrate the life of Tamadge Moore, a great volunteer and advocate for seniors. A member of the Commission on Aging, Mr. Moore also worked for several years as the only male member of the Ms. Senior D.C. Pageant Planning Committee. We in the Office on Aging are grateful for his life of service and we are better for having known this "gentleman of gentlemen."



CORRECTION

In the June issue, the photo captioned Claude Allen was incorrect. The photo included Father Franklin Senger, Monsignor Ansgar Laczko, Virginia Hayes Williams and Dr. Michael Richardson.

Ms. Senior D.C. 2002 Selected



VIVIAN LANIER



CARMEN SHAW



FLORENCE HUNTER



ELLA BALDWIN

Eight contestants competed for the opportunity to become the elegant lady, 60 years of age and older, to represent the District of Columbia as Ms. Senior D.C. 2002.

The Ms. Senior D.C. Pageant opened with "God Bless America" sung by Ms. Senior D.C. 1999 Thelma Morgan. Dancers from Columbia Senior Center, dressed in patriotic American flag shirts, performed a dance with the contestants who wore sailor hats and shirts adorned with the American flag.

The Master of Ceremonies for the occasion was Jerry Phillips, public affairs director of Clear Channel Communications. Later, Phillips introduced the ladies for the first segment of the judging portion of the program, the Philosophy of Life. Contestants were introduced in business attire as they walked the stage, while their philosophy of life, taped in their own voices, was played.

Contestants were then judged on their talent performance. Contestant #1 Vivian Lanier performed a dance to "Mr. Bo Jangles." Carmen Shaw, contestant #2, sang "Let There Be Peace on Earth."

Contestant #3 Florence Hunter sang "Sentimental Journey" as she waited at a makeshift train depot. Ella Baldwin, contestant #4, displayed her talent through the art of dressmaking and doll making; she also gave a description of each of her beautiful items.

Contestant #5 Margaret Spencer inspired the audience with "Give Us This Day." Daisy Savage, contestant #6, delighted

the audience with a skit about growing old.

Verna Shelton sang her rendition of "He's Got the Whole World in His Hands." The talent segment ended as Alma Nelson ignited the audience with the dramatic recitation, "Woodsman, Spare That Tree."

Contestants dazzled the audience with their evening gowns for the final segment of judging. The ladies were escorted by gentlemen, some chose their sons, as they walked the stage demonstrating elegance and style.

Music for the pageant was provided by the Washington Saturday College Ensemble. Poetry In Motion, a local dance group, wowed the crowd with a swing dance to the music of "Work Out" by Jackie Wilson. Cherice Cade performed a very moving liturgical dance.

Ms. Senior D.C. 2001 Myrtle Smith Gardiner Church has had a very busy and rewarding year; she shared highlights of it with the audience during her farewell address. She sang "If I Could" by Regina Belle, which won her the crown last year. She also sang "My Way" by Frank Sinatra, certainly ending her reign her way! She will definitely be a hard act to follow.

The contestants voted on Miss Congeniality, won by Daisy Savage. The Best Interview and the Best Talent Awards are based on the scoring by the judges during the scoring process. The interviews of each contestant were conducted by the judges before the pageant. Impartial judges were picked from the community to select Ms. Senior D.C. 2002 using criteria established by Senior America, Inc.



MARGARET SPENCER



DAISY SAVAGE



VERNA SHELTON



ALMA NELSON

and the winner is...



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER



Daisy Savage during her walk as Ms. Senior D.C. 2002.



Daisy Savage and Ms. Senior D.C. 2001 Myrtle Smith Gardiner Church.



Thelma Morgan, Ms. Senior D.C. 1999, during opening as she sang "God Bless America."

Ms. Senior D.C. 2002 Daisy Savage, age 63.



First and second runners-up, Florence Hunter and Margaret Spencer.

First Runner-up, Florence Hunter

Second Runner-up, Margaret Spencer

Miss Congeniality, Daisy Savage

Best Interview, Florence Hunter

Best Talent, Daisy Savage



Columbia Senior Center Dancers during opening of Ms. Senior D.C. Pageant 2002.

D.C. OFFICE ON AGING NEWSLETTER

COMMUNITY SPOTLIGHT

The District Says Good-bye to a Dedicated Community Servant

"When one thinks of Talmadge Lee Moore, the word 'dedication' comes to mind," said E. Veronica Pace, Executive Director of the D.C. Office on Aging. "He was dedicated to the D.C. Commission on Aging, dedicated to the residents of the District, particularly our elders and youth, dedicated to his church and dedicated to his family and friends."

A commissioner with the D.C. Commission on Aging, Talmadge Moore, who passed away recently, will be truly missed. He served on the D.C. Commission on Aging for five years, and was readying himself to come to a D.C. Commission on Aging meeting when he became ill and was hospitalized.

During his tenure on the Commission, he was tireless and always outspoken and adamant in his belief that the elderly deserve to be treated with respect and dignity.

He thought that the elderly should serve as mentors — Mr. Moore himself was a mentor to many students through the mentoring program of the Presbyterian Men of Redeemer. He especially devoted many hours to the youth of the

Montana Terrace Public Housing Development and the Brookland Manor/Brentwood Mission.

He also served as the D.C. Commission on Aging's chaplain and was a member of its legislative and long-term care committees. He once said that his tenure on the Aging Commission allowed him to develop a deeper appreciation for the growing concerns and problems that confront older residents.

Talmadge Moore had a history of public service: He was an advisory neighborhood commissioner, AARP chapter vice president, president of the Northeast Community Development Corporation, and was member of the District's Board of Social Work (appointed to the first board).

He graduated from Howard University with a BA in Sociology, received a Master of Arts degree in Educational Counseling from Federal City College in 1971, completed advanced studies in administration and counseling at D.C. Teachers College, and he retired as a Lt. Col. from the U.S. Army. He also retired from the private sector in 1981 as chairman of Bell Career Development

Center's Guidance and Counseling Department.

Mr. Moore was elected as a delegate to the first D.C. Statehood Constitution Convention and worked as one of the 13 drafters of the published Constitution. In recognition of his long and outstanding career as a teacher, guidance counselor and humanitarian, the Council of the District of Columbia honored him in 1982 by passing the Talmadge L. Moore Recognition Resolution.

He was a life member of the NAACP and a life member of the Howard University Alumni Association. Other memberships included: Black Revolutionary War Patriotic Memorial Foundation, National Advisory Council, Reserve Officer's Association, D.C. Pigs Club of Washington, D.C., the Greater Washington Urban League, the American Heart Association, and the Alpha Omega Chapter of the Omega Psi Phi Fraternity.

Talmadge Moore was a very active and compassionate citizen volunteer. He set a wonderful example for us to follow, and our city was fortunate to have had him as such a dedicated and compassionate advocate for its residents.

Tips to Prevent Heat Exhaustion

- Drink plenty of fluids (not hot)
- Avoid hot, heavy meals
- Avoid strenuous outdoor activities
- If outdoors, stay in the shade, use an umbrella, wear a hat and loose-fitting clothing
- Avoid alcoholic beverages
- Spend the hottest part of the day (i.e., 10 a.m. to 2 p.m.) in an air-conditioned area if you can

The following are warning signs of overexposure to heat:

- High body temperature
- Rapid breathing
- Dry, hot skin or heavy sweating
- Headache
- Weakness or fatigue
- Dizziness or periods of faintness
- Anxiety and listlessness
- Severe muscle pain in the arms and legs

- Unconsciousness

Should these symptoms occur, the following steps should be taken:

- Stay calm
- Call a doctor, ambulance or 911
- Lay victim on his/her back
- Loosen or remove as much clothing as possible
- Offer victim sips of water
- Fan the victim slowly

To avoid the summer heat and sun, participate in a senior program in your area. Make sure you leave before the sun reaches its hottest. Before 10 a.m. is a great time to conduct business on days weather forecasters say the air quality is in the unhealthful range (or Code Red).

To find out more information about a senior center or government-sponsored cooling center near you, call the D.C. Office on Aging at 202-724-5626.

BODYWISE Walk 2002

Saturday, September 28
At the campus of the University of the District of Columbia

The BODYWISE Advisory Board, representing the senior fitness program that serves older Washingtonians across the District, is sponsoring a "Walk 'Round the World," starting from UDC's Dennard Plaza, 4200 Connecticut Ave., N.W., at 10 a.m. Saturday, September 28.

Walk through and around the adjacent United States Department of State International Chancery Center, currently comprised of fifteen embassies and chanceries of countries. The D.C. Office on Aging, the Commission on Aging and D.C. Parks and Recreation will join in sponsoring this 3rd Annual "Walk 'Round the World."

Each group of 10 to 15 walkers will be led by a volunteer docent, who will identify and comment on embassies along the walk route. Registered walkers will have three options:

- The short walk of under a mile
- The full walk of about three miles
- Remaining at Denard Plaza to welcome walkers as they finish, with upbeat music and refreshments

Registration will be \$15 per entrant (includes a free t-shirt). Please make checks or money orders payable to BODYWISE, INC. This tax-deductible fundraiser will help to support and expand the BODYWISE Senior Fitness Program. Call 202-274-6697 or 202-274-6651 for more information.

SPOTLIGHT ON AGING

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Searching for CENTENARIANS

If you know of a District of Columbia resident who is or will be 100 years of age or older by September 30, please contact Darlene Nowlin or Courtney Williams at the D.C. Office on Aging, 202-724-5622. We are preparing for the Sixteenth Annual Salute to District of Columbia centenarians and would like to honor all persons 100 years of age or older who reside in the District.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

Announcement - Ward 5 residents

You may be eligible to receive help paying delinquent rent or utilities. For further information, call Judy Hooks at the Greater Washington Urban League, Inc. at 202-529-8701. You must be a Ward 5 resident.

August Events

5th, 12th, 19th and 26th • 11 a.m.

Go swimming at Langdon pool with Model Cities Senior Wellness Center. The bus will leave from the center, located at 1901 Evarts St., S.E. For more information, contact Ben Hill at 202-635-1900.

6th • 11 a.m.

Take a scenic ride in Adams Morgan. Spend the day with Model Cities Senior Wellness Center as they tour Adams Morgan. The center's bus will leave from 1901 Evarts St. Call Ben Hill to register for this event at 202-635-1900.

9th • noon

Enjoy lunch with Model Cities Senior Wellness Center as they attend an Old County buffet. The Wellness Center is located at 1901 Evarts St., S.E. For details of this outing, call Ben Hill at 202-635-1900.

12th • 1 p.m.

Give your skin special treatment during the summer months. Join us for skin and hands treatments by a professional beauty expert. This special event takes place at the Senior Citizens Counseling and Delivery Service Center, located at 2451 Good Hope Rd., S.E. Call 202-678-2800 for more information.

15th • 11 a.m.

Take part in a scenic tour of historic Southeast Washington, D.C. The Model Cities Senior Wellness Center will be leaving from 1901 Evarts St., S.E. For more information, contact Ben at 202-635-1900.

15th • 8 a.m. to 8 p.m.

Enjoy tax-free shopping at 140 stores located at Rehoboth Outlets in Delaware with Senior Citizens Counseling and Delivery Service. The bus will leave from 2451 Good Hope Rd., S.E. A donation of \$25 is appreciated. To reserve your seat, call 202-678-2800.

15th • 9:30 a.m. to noon

Phillip T. Johnson Senior Center, in partnership with the DC Metropolitan Police Department, will register seniors in the Watch Your Car program, a national vehicle theft prevention program. This free, voluntary program is designed to deter auto theft and to assist in the apprehension of car thieves. Requirements include a valid D.C. drivers' license and a valid D.C. registration. Registration for this program will take place at 4323 Bowen Rd., S.E. For more information, call Robinette Livingston at 202-398-5948.

16th • 11 a.m.

Tour the Roosevelt Memorial with Model Cities Wellness Center. The bus will leave from the center, located at 1901 Evarts St., S.E. For more information, contact Ben Hill at 202-635-1900.

30th • 11 a.m. to noon

The Parkinson's Support Group offers support to seniors with Parkinson's disease, providing the opportunity to share concerns about this chronic illness. It is led by IONA social worker Deborah Rubenstein and Leon Paparella of the Parkinson Foundation of the National Capital Area. Pre-registration is required. To register, call 202-895-0248 or e-mail: DRubenst@iona.org.

September events

September 2nd • All Day

Register for fitness, computer, travel, support groups, and other programs at IONA. Call 202-895-0248 for additional information or check IONA's Web site: www.iona.org.

September 5th • 10 a.m. to 3 p.m.

Enjoy a day of information on senior programs, entertainment, live music and the opportunity to purchase handmade senior arts and crafts. All of this and more at ELDERFEST, the outdoor festival geared to seniors at Freedom Plaza, on Pennsylvania Avenue, between 13th and 14th Streets, N.W.

September 20th • 10 a.m. to 3 p.m.

The UDC Institute of Gerontology and the D.C. Office on Aging will hold the Twelfth Annual Caregivers Conference, "Mental Illness and the Aging." An elderly person you care for may be suffering from a mental illness. Find out how to recognize the symptoms and access the best mental healthcare services, Friday, September 20 from 10 a.m. to 3 p.m. at the University of the District of Columbia, 4200 Connecticut Ave., N.W., Building 41, Room A03. For more information, call 202-274-6592.

Ongoing

Mondays • 11 a.m. to noon

Join the St. George's Senior Center computer class at 160 U St., N.W. Free, from the Greater Washington Urban League. For further information, call Vivian Grayton 202-529-8701. You're invited to stay for lunch.

Mondays and Wednesdays • 5:30 to 6:30 p.m.

Join the Columbia Senior Center for cardio-interval exercise classes for men and women. The center is located at 1250 Taylor St., N.W. For more information, call Monica at 202-328-3270.

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DC Office on Aging



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